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Housekeepers' Chat

Monday, April 8, 1929.

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Subject: "How the Milk Supply is Guarded." From Bureau of Dairy Industry,
U. S. D. A. Menu and recipe from Bureau of Home Economics, U. S. D. A.

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Today's chat, "How the Milk Supply is Guarded," is an answer to a letter received some weeks ago. Here's the letter:

"Dear Aunt Sammy: One time you asked what subjects we would like to have you discuss. How about the milk supply, and how it is protected? We city dwellers know very little about milk inspection, how cans and bottles are sterilized, how milk is pasteurized, and so on. Then you might tell us how milk should be cared for, in the home, in the hot weather. -- Very truly yours, Mrs. B."

As I said before, this chat is a reply to Mrs. B.'s letter.

In the so-called "good old days," when nearly every family kept a cow or bought milk from a neighbor, little thought was given to the safety of the milk supply.

But nowadays, the milk for most of our large cities comes from hundreds of thousands of cows, some of them on farms several hundred miles distant. Therefore, as a protection to you and me and hundreds of other city housewives, it is necessary to have ordinances guarding the milk supply, together with an inspection force and laboratory facilities, both chemical and bacteriological.

The first form of milk inspection consisted almost entirely of the detection of adulterants and preservatives in the milk. Today, inspection goes much farther than this. The production of milk on the farm is generally supervised by local, county, or state health authorities. In addition, many of the larger plants send field men to the farms from which they buy milk. These field men educate the farmer in better milk production.

Inspection at the farm includes testing the cows for tuberculosis; examination of the milkers and handlers of milk, for the purpose of detecting contagious or infectious diseases; and investigation of the sanitary conditions under which the milk is produced, including the cleanliness of the cows and the milkers, the condition of the water supply, and the facilities for sterilizing milk utensils and cooling the milk.

What happens after the milk leaves the farm? It is usually taken to the milk plant. Here again the handling of the milk is closely supervised by health authorities. They see to it that the temperature, bacteria and sediment of the

milk conform to the standards as given in the ordinances. All milk which does not conform to these standards is rejected. After the cans are emptied, they are washed and sterilized, and returned to the farms immediately.

The milk is then usually pasteurized, that is, heated to the proper temperature, and held at that temperature for the length of time necessary to kill all known disease organisms.

After it is pasteurized, the milk is quickly cooled to the proper temperature, bottled, and kept cold till it's delivered. In the larger plants the bottles are washed in automatic washers, with strong caustic solutions, rinsed, and sterilized with hot water, steam, or approved chemicals. All milk bottles are filled and capped by machine, rather than by hand, to prevent contamination by human hands. This is an added safeguard, although it is a general rule that all employees in milk plants undergo a periodical health examination.

After all these precautions are taken on the farm, and in the milk plant, what about the care of the milk, in the home? That depends upon you and me. Care of the milk in the home is important, even though it is not regulated by the health authorities.

Here are four rules, from the U. S. Bureau of Dairy Industry, which we will do well to follow:

First, provide a receptacle on the porch, in which the milkman can place the bottled milk, so that it will be protected from contamination.

Second, place the milk in the refrigerator as soon as possible after it is delivered.

Third, leave the milk in the bottle until it is ready to be used.

Fourth, do not return unused milk or cream to the bottle.

The second half of this program includes a menu and a recipe. Creamed Salmon and Peas, in a Noodle Ring, is the main dish. I'll tell you how to prepare it, in just a minute. The entire menu is: Creamed Salmon and Peas in Noodle Ring; Spring Greens; Cauliflower; and Spanish Cream.

The Noodle Ring is made as follows, with eight ingredients:

1/4 pound noodles	2 tablespoons butter
2 quarts boiling water	2 eggs
1-3/4 teaspoons salt	1 cup milk, and
1 teaspoon grated onion	2 or 3 drops tabasco sauce

Eight ingredients for Noodle Ring: (Repeat)

Cook the noodles, for about 20 minutes, in the water to which 1 teaspoon of salt has been added. Drain well. Add the onion, butter, tabasco sauce, and remaining 3/4 teaspoon of salt. Beat the eggs, add the milk, then the seasoned noodles, and stir until well mixed. Butter a ring mold, pour in the mixture, place in a pan with water surrounding the mold, and bake in a moderate oven until the mixture has set. Turn into a heated platter and fill the center with creamed salmon and peas.

The recipe for Spanish Cream is on page 56, in the radio cookbook. Let's repeat the menu: Creamed Salmon and Peas in Noodle Ring; Spring Greens; Cauliflower; and Spanish Cream.

Tomorrow: "Lamb as You Like It."

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